

ADMINISTRATION OF THE APFT

Administration of the APFT

Terminal Learning Objective

ACTION: Develop individual and unit physical fitness training programs.

CONDITIONS: Given FM 21-20, AR 350-41, Chapter 9 and AR 600-9.

STANDARDS: Develop individual and unit physical fitness training programs IAW FM 21-20, AR 350-41, Chapter 9 and AR 600-9.

Administration of the APFT

Enabling Learning Objective A

ACTION: Identify APFT test personnel.

CONDITIONS: Given FM 21-20, Chapter 14.

STANDARDS: Identify APFT test personnel
IAW FM 21-20, Chapter
14.

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Test Personnel

- **OIC and/or NCOIC**
- **Event supervisor**
- **Event Scorer**
- **Demonstrator**
- **Support
Personnel**

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Enabling Learning Objective B

ACTION: Identify the responsibilities of APFT test personnel.

CONDITIONS: Given FM 21-20, Chapter 14.

STANDARDS: Identify the responsibilities of APFT test personnel IAW FM 21-20, Chapter 14.

Administration of the APFT

OIC and/or NCOIC

- **Administers APFT**
- **Procures equipment and supplies**
- **Lays out test area**
- **Trains test site personnel**
- **Insures test is properly administered**
- **Reports test results**

Administration of the APFT

Event Supervisors

- **Administers one or more test events**
- **Insures necessary equipment is on hand for each event(s)**
- **Reads APFT event instructions**
- **Conducts APFT event demonstration**
- **Supervises event scoring**
- **Answers questions on scoring discrepancies and informs OIC/NCOIC**

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Event Scorer

- **Enforces test standards**
- **Counts the number of correct repetitions aloud**
- **Records the correct number of repetitions in the raw score block on DA 705**
- **Records initials in initials box on DA 705**
- **Performs other duties assigned by OIC or NCOIC**
- **Receives training conducted by OIC/NCOIC to ensure scoring is to standard**

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Event Demonstrator

- **Assists event supervisor by demonstrating push-ups and sit-ups to standard during the reading of event instructions**
- **Performs other duties assigned by OIC or NCOIC**
- **Receives training conducted by OIC/NCOIC to ensure demonstration of push-ups and sit-ups are to standard**

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Support Personnel

- **Safety/control personnel assist in preventing unsafe acts and ensure smooth operation of the APFT**
- **Medical support personnel on site to provide lifesaving measures**

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Enabling Learning Objective C

ACTION:
requirements.

Identify APFT test site

CONDITIONS: **Given FM 21-20, Chapter 14.**

STANDARDS:
requirements

Identify APFT test site

IAW FM 21-20, Chapter 14.

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Test Site Requirements

- **Briefing area**
- **Warm-up area**
- **Push-up and sit-up area**
- **2-mile run course**
- **No significant hazards**

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Enabling Learning Objective D

ACTION: Identify APFT test procedures.

CONDITIONS: Given FM 21-20, Chapter 14.

STANDARDS: Identify APFT test procedures IAW
FM 21-20, Chapter 14.

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Test Procedures

- **Brief purpose and organization of the test**
- **Explain the scorecard, scoring standards, and sequence of events**
- **Read instructions printed in upper-case (FM 21-20)**
- **Issue scorecards (DA Form 705) and fill out**
- **Organize groups and give final instructions**

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Retaking Events

- **Soldiers who start an event incorrectly**
- **Soldiers must be stopped by the scorer prior to completing 10 repetitions and told what errors are**
- **The soldier will be sent to the end of his line and await his turn to retake the event**
- **The soldier is allowed to retake the event one time**

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Retaking Events

- **A soldier who experiences physical problems such as muscle cramps may rest in an authorized position**
- **The soldier will receive credit for all correctly performed repetitions**
- **May retake event if has not done 10 correct repetitions**
- **Soldiers unable to perform 10 correct repetitions may not retake an event**

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Enabling Learning Objective E

ACTION:
sequence.

Identify APFT test

CONDITIONS:
14.

Given FM 21-20, Chapter

STANDARDS:
IAW

Identify APFT test sequence

FM 21-20, Chapter 14.

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Test Sequence

- **Push-up**
- **Sit-up**
- **2-mile run or alternate aerobic event**
- **10-20 minutes recovery**
- **Staggered start times**
- **All events completed within 2 hours**

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Push-up

- **Push-ups measure the muscular endurance of the chest, shoulder and triceps muscles**
- **Administrative and support requirements for this event are listed below:**

- **Equipment**
- **Facilities**
- **Personnel**
- **Instructions**
- **Administration**
- **Timing techniques**

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Push-up Instructions

- **Front leaning rest position, hands where comfortable**
- **Feet together or up to 12" apart**
- **Body forms a generally straight line**
- **Lower body as a single unit until upper arms are parallel to ground**
- **Return to starting position, raise entire body until arms are fully extended**
- **Altered front leaning rest position is only authorized rest position**

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Push-up Additional Points

- Chest touches ground
- Hand reposition
- Mat use
- Rest positions
- Bracing with feet
- Push-ups on fists
- Crossed feet/bare feet
- Glasses

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Push-up Scorer Position



45° / 3
FT

**Scorer
Position**

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Sit-up

- Sit-ups measure the muscular endurance of the abdominal and hip-flexor muscles
- Administrative and support requirements for this event are listed below:
 - Equipment
 - Facilities
 - Personnel
 - Instructions
 - Administration
 - Timing techniques

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Sit-up Instructions

- **Lying on back with knees bent at 90° angle, hands must touch ground**
- **Feet together or up to 12 inches apart**
- **Hold ankles with the hands only**
- **Heel must remain in contact with ground**
- **Fingers must be interlocked behind the head**
- **Raise upper body to vertical position**
- **Lower body until bottom of shoulder blades touch ground**

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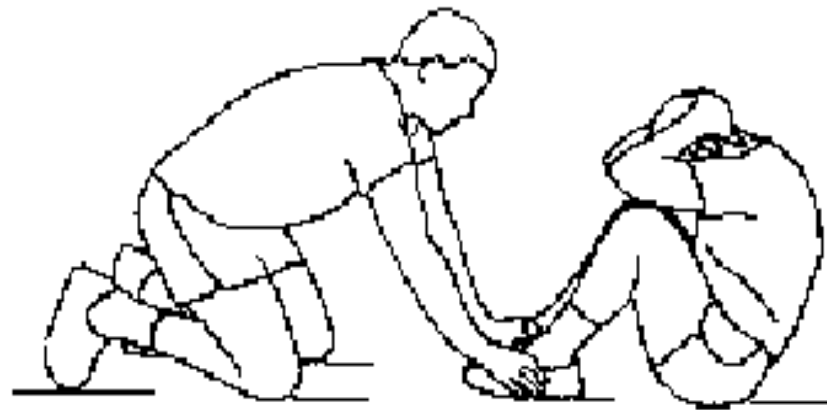
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Sit-up Additional Points

- Chin on chest
- Wiggle
- Use of hands/arms
- Elbow/arm bracing
- Mat use
- Fingers interlocked
- Swing hands/arms
- Foot/heel contact

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Sit-up Scorer Position



3 FT

**Scorer
Position**

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Two-Mile Run

- **The Two-Mile Run tests cardiorespiratory (aerobic) endurance and endurance of the leg muscles**
- **Administrative and support requirements for this event are listed below:**
 - **Equipment**
 - **Facilities**
 - **Personnel**
 - **Instructions**
 - **Administration**
 - **Timing techniques**
 - **Scorer duties**

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Enabling Learning Objective F

- ACTION:** Identify alternate event testing procedures.
- CONDITIONS:** Given FM 21-20, Chapter 14.
- STANDARDS:** Identify alternate physical fitness testing procedures IAW FM 21-20, Chapter 14.

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Alternate Event Testing

- **Alternate APFT events assess the cardiorespiratory endurance and muscular endurance of soldiers with permanent medical profiles or long-term temporary profiles who cannot take the regular, three-event APFT.**
- **The alternate aerobic APFT events are the following:**
 - **800-Yard-Swim Test**
 - **6.2-Mile-Stationary-Bicycle Ergometer Test**
 - **6.2-Mile-Bicycle Test on a Conventional** (PFME01-